There are 2 million people in the US living with epilepsy. Problem: New medications & treatments ≠ success. Comorbidities affect quality of life more than the seizures. 30% will have depression, 50% will have cognitive impairment.

Unmet comorbidities affect:
- Seizure control & management
- Employment, productivity
- Activities of daily living
- Social relationships

85% of epilepsy costs are indirect; epilepsy causes $9.4 million dollars/year of “role impairment” in the US.

Gap in care: limited treatments to address untreated comorbidities.

Problem: New medications & treatments not consistently improve memory.

Most patients screened reported memory & attention problems which interfered with daily life.

Treating concurrent depression did not consistently improve memory.

Gap: No current treatments to address memory/cognition.

GLOBAL AIM: To improve the recognition and treatment of comorbid cognitive dysfunction in the adult epilepsy population.

SPECIFIC AIM: To implement a self-management program for adult epilepsy patients reporting cognitive dysfunction, to improve quality of life, memory function, seizure control, & patient/provider satisfaction.

HOBSCOTCH was created by a multidisciplinary group to address patient needs & minimize barriers to treatment.

HOBSCOTCH is an 8-week self-management intervention delivered in 1-hour sessions by an ARNP or RN, providing:

- Psychoeducation
- Self-awareness training & reattribution
- Memory compensatory strategies
- Application of these strategies in day-to-day life using problem solving therapy (PST).

HOBSCOTCH plus (H+) performed additional cognitive training using Nintendo DS® Brain Age© program.

PATIENT-CENTERED
- Primary Outcome: QOLIE-31*  • Functional: FACT-Cog  • Depression: NDDO-R®, PFRQ  • Emotional well-being (Neuro-QOL)

OBJECTIVE MEASURES
  • Executive Function: BRIEF
  • Objective Memory: RBANS

PATIENT SATISFACTION
- Cost of intervention
- Employment status
- Healthcare utilization (ED/clinic visits)

RESULTS & NEXT STEPS

Screening can identify comorbidities that impact quality of life, but interventions to address them are needed.

HOBSCOTCH is a self-management program which improves quality of life and objective cognitive performance in patients with epilepsy.

This intervention may be applicable to other patient populations or clinical settings.

Next steps: Expanding to other clinics/populations, & assessing cost-effectiveness.

<table>
<thead>
<tr>
<th>Cost of intervention, reimbursement</th>
<th>Time burden</th>
<th>Resources, training</th>
<th>Societal costs, Employment</th>
</tr>
</thead>
<tbody>
<tr>
<td>QOL, memory, function</td>
<td>Memory-related anxiety</td>
<td>U-Health care utilization</td>
<td>3D visits, admissions</td>
</tr>
</tbody>
</table>

HOBSCOTCH is part of the CDC’s Managing Epilepsy Well Network and is supported by the CDC (U48DP001935-04S).